Summer Beauty Talks The Flatt Family And Health Hints

By Pauline Furlong Regular Meals Essential to Health

HAVE repeatedly asked you to form the habit of deep breathing, so essential to your physical and mental welfare; and I have often suggested that you do this breathing in the open air as much as possible. If you find aimless walks monotonous, why not try the

game of croquet? Next to lying in a hammock I know of no less strenuous exercise, but it has the double advantage of keeping you outdoors and of sustaining interest in a contest. But don't forget to take the hundred or so deep inhalations during each game.

The thin woman as well as her stout sister should take her meals at least six hours apart, and longer if the desire for food is not keen. Unless she actually craves a good breakfast she should eat her first real meal at noon. A feeling of hunger is a signal that you have digested what

you have previously eaten, and until you have done that it is useless to eat more. It is what we assimilate, not what we simply eat, that goes to make healthy, fatty tissue. In most cases the thin, weak woman can trace her trouble to impaired digestive organs. The best if not the only way to correct that

fault is to give those organs the rest they require. Short periods of abster iton from all food, sufficient at least to stimulate the appetite, will fr quently overcome this common disorder. Careful reading of these articles each day will soon result in your ability to select such foods as are most nourishing and beneficial to you.

Then let your chief purpose be to avoid those which, by overtaxing your digestive organs, use up the energy you are trying to regain. If the thin woman will keep faithfully to the course laid out for her she must ultimately gain health, strength and a rounded figure. Hygienic living, proper foods, deep breathing, mild exercises and plenty of rest are sure to overcome the causes of her weakened condition. "Sumik" is an excellent drink for slender persons. It is easy to pre-

pare and very easy to digest. Let milk stand in an airtight bottle until it is clabbered, then mix the cream and milk together with a spoon, after which beat the mixture until it becomes frothy, like whipped cream. You will find it a most nourishing and fattening beverage. Drink all you wish of it through the day and take more at bedtime, but not unless you feel an appetite for it. The thin woman should never eat or drink anything distasteful to her, and should never take anything except to appeare

To-day's menu: Two glasses of water before breakfast. Breakfast-Sliced bananas and cream, corn muffins, glass of milk or cup of coffee. Luncheon-Cream of tomato soup, rice pudding. Dinner-Broiled bluefish, new potatoes, spinach with egg, ice cream with strawberries.

many hours.

NEURASTHENIA .- MRS. MAUDE; this on any longer, as it is too astrin-G.: This is a condition of nervous prostration in which the system generates less vital energy than it needs.

LIET. ROLLN F .: Many authortiles disagree about certain foods and diet. It is always safe to follow a sensible diet of wholesome foods to the forehead lines. You may use the ordisensible diet of wholesome foods which you find through experience agree with you. No hard and fast rules can be mapped out, because many persons refuse to pay any attention to them. It is not necessary, in my opinion, to eliminate cooked foods and stock to raw ones, refuse to drink water with meals, eliminate salt and live on vegetables to promote health. Eat what you like, if you know it is wholesome. Don't overeat, and you will be following a safe path.

cold baths for the feet, about three minutes of each for a half hour each night; therough drying of the feet with a coarse towel; vigorous mas-sage with olive oil or cocoa butter, and heel and toe raising will help stimulate blood supply to the feet.

LARGE NECK AND GOITRE. matter. See a physician at once. The neck may be easily enlarged, however, through overexercise.

Agrice of London Gentleman Meets the Big Surprise Of His Life

Section 1. The Surprise of His Surprise of His

They've Gone to the Roof for the Summer

By Levering



A War Bride

By Charlotte Wharton Ayers

The story of a young wife whose husband is fighting in France; of the struggles and temptations that are here, and of the "other man," who sees in her husband's absence his own opportunity. The outcome must be saved for relating in the story.

CHAPTER I.

Swain Sets His Trap

HEN Sara first entered the employ of the Amalgamated Dye Company as secretary-stenographer and found that the senior member of the firm, Robert Swain, was & bachelor and very rich, she determined to marry him. She had been taught in a hard school that her looks

were her best asset and she deliberately planned to make the most of them. She was an orphan and selfsupporting and her philosophy of life was the natural result of her environment.

She WAS beautiful in a wild, uncanny sort of # way. Crisp reddish brown hair, big brown eyes with deep shadows and pools-eyes that constantly demanded more of the good things of life-and a mouth that was like a crushed pomegranate. She hadn't much color-but she had a trick of blushing slowly in the most unpected way that greatly added to her attraction.

If her body was beautiful, her woul with unsuspected depths and the necwas almost atrophied by the hard essary amount of shallows to mainknocks she had early received in life tain a proper balance. and the subsequent disillusionment While Sara had not made as good and cynical unbelief in the disinter- a marriage from a worldly point of ested goodness of either men or view as she had intended, she was

Sara would have had no trouble in in an office any more, she had a beaucarrying out part, at least, of her tifully furnished apartment, a maid design in regard to Robert Swain, for to do all the work, and she soon bahe had been greatly taken with her gan to assume all the airs and graces unusual type of beauty. But she made of a well to do woman of no ambition the mistake of falling desperately in love with young Jim Weldon, mannger of a certain branch of the business and in receipt of a good salary.

At first Sara hated herself for not being able to overcome what she regarded as a foolish, sentimental school-girlish feeling for Jim. It interfored with her plans for a rich marriage which would enable her to have fine ciothes-jewels-and everything else her luxury-loving soul woman-than which there was nothing quite so despicable in Sara's eyes. rather breathlessly consented. For concrete fact. the moment nothing else seemed to

very happy. Bhe didn't have to work

Then war was declared. Jim was very grave. He feared it would greatly affect industrial conditions, and the future was threatened.

Sara was hysterical whenever the subject was broached. She refused to read the papers and said she didn't want to know anything about the horrid old war anyway. She sobbed could desire. It made of her just a plain anathema at the Prosident for getting them into war. She seemed to sense that Jim's gravity portended But when Jim gathered her up in something calamitous to her interests his arms one day, and between kiases and she set about fighting the unexpleaded for an early marriage, Sara pressed thought before it became a

Jim continued thoughtful. Finally he came home one day in a white heat When they were married Jim of rage at some reported German outthought that life could hold no rages. He tried to show the paper to greater joy for him. He adored Sara Sara, but she, sensing that the critiand was never tired watching her cal moment had come, declared heatwide-eyed delight in the good things edly that she didn't believe the things of life. He was a long-limbed, good- one read in the papers, anyway-and looking chap, with a sunny smile even if they were true she simply and a warm heart. He had ideals could not read them; that they made and standards in business which he her blue for days. Jim told her that tried to live up to, and a firm inten- all true Americans would have to tion to earn as much money as he read just such things for many a day, honestly could in order to give Sara for they were in the war to stay, and all the good things and fine raiment they might as well face that fact. He she so much desired and would so further intimated that he would probwell adorn. Just a clean type of man ably enlist very soon, as he could not hold back when men were so badly needed.

Sara demanded to know what he thought SHE would do if he did? They had not managed to save any thing and she would be left entirely without support. Jim's heart was torn between two loves-his love for his country and his love for Sarawhich had only been strengthened by my the early months of their honeymoon.

THE NEIGHBORS MISTAKE THE FIRST MEAL FOR A MOVIE REHEARSAL The Gay Adventure

Quiet Old London Gentleman happening. He sat up in bed, rubbed "that would be the most sensible Beatrice, without effort or hesitated, but consented, but we have no intention, began to speak. A second sables being a guarantee that I